

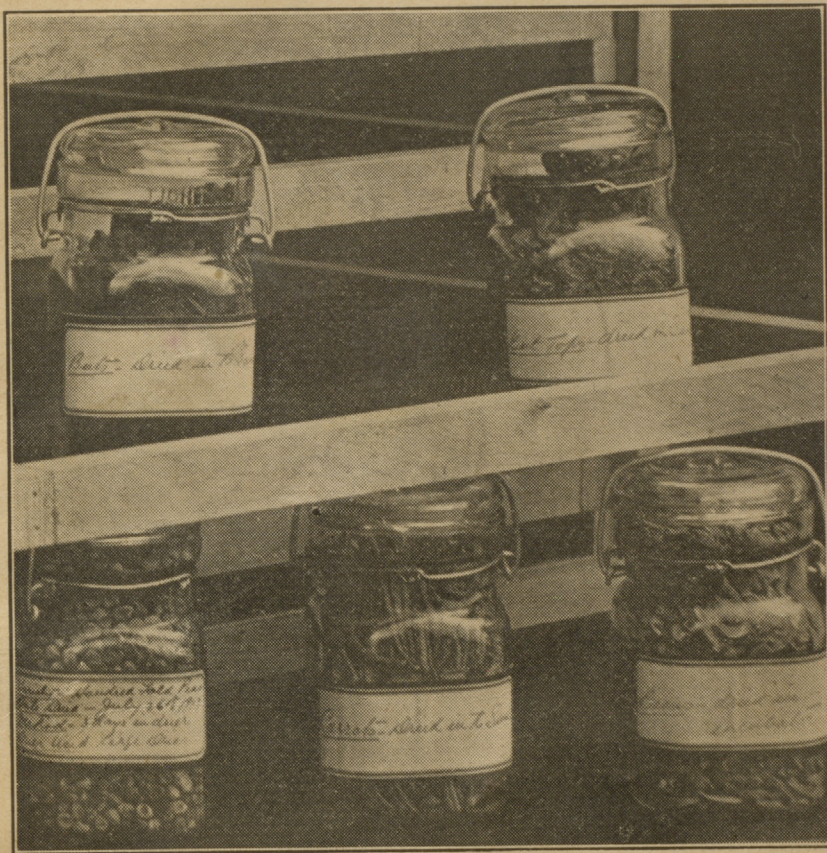
VEGETABLE RECIPES



CANADA - FOOD BOARD
Vegetable

Uncat &
Cookery
ckbk 1409

HOME-DRIED VEGETABLES



- | | | |
|--------------------|------------------|----------------------|
| No. 1. Young Beets | No. 2. Beet Tops | |
| No. 3. Garden Peas | No. 4. Carrots. | No. 5. String Beans. |

Home-dried products after they are taken from the trays may be placed in sealers, paper bags or other containers. Sealers are by no means necessary, and the product is equally good when put away in cardboard boxes or in other inexpensive containers. Each jar, as shown here, contains material which before drying filled two of the trays. When resoaked the string beans, for example, would be ample for several meals for a family of three or four persons.

HOW HOUSEWIVES CAN FULFILL WORK OF THE WAR GARDENERS

A **S**PLENDID response has been made to the call for increased production of vegetables this year by city people and farmers. Not only has farm production been largely augmented, but tens of thousands of war gardens and hundreds of thousands of war gardeners in all parts of the Dominion promise an important contribution to the National food supply.

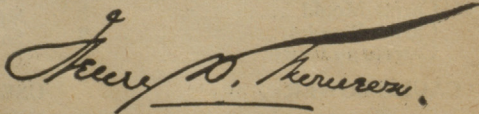
Now that we have our vegetable gardens on a far more general scale than in other years, we must use the produce of these gardens so as to make the greatest possible contribution in relief of the food situation. In this way the work of the war gardeners will be continued and its purposes fulfilled.

As the fresh vegetables become available they can be used in making a wide variety of appetizing, nutritious and healthful dishes. They are an important addition to the food supply and full advantage should be taken of them.

And these gardens will do more than provide for present consumption requirements. The surplus production will be canned, dried or stored for future use and made available during the fall and winter months.

It is the purpose of this little booklet to help to make the vegetable garden of the greatest possible service, by suggesting to the housewife some of the ways in which fresh vegetables, and those which are put away for the winter, may be served. The recipes are all simple and inexpensive and they offer a variety of which advantage is not always taken. It rests with the housewife to complete the work of our war gardeners by utilizing to the utmost this year's vegetable production.

CANADA FOOD BOARD,

A handwritten signature in dark ink, reading "Henry D. Ferguson". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Chairman.

Ottawa, June, 1918.

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VEGETABLE RECIPES

How to make appetizing and nourishing dishes
which help to save essential food for our
Soldiers and Allies

VEGETABLES in the diet are valuable because they increase the amount of mineral salts required by the body, supply bulk, and act as the medium for other foods such as milk, butter, etc., when these are used as seasoning or as sauces. All green vegetables, roots and tubers should be crisp and firm. Their preparation requires care. Lettuce, cauliflower, cabbage, Brussels sprouts, and such greens as spinach or Swiss chard, should be plunged into cold, salt water for a few minutes. When green vegetables are cooked in water the temperature should be kept at the boiling point throughout the entire time of cooking and they must be drained as soon as they are sufficiently tender.

POTATOES*

No vegetable is so much in demand as the common potato and none is so badly cooked. The method of cooking may be varied to avoid monotony. Following are a few tried and approved recipes:

BAKED POTATOES—Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping pan. Bake in hot oven forty minutes or until soft, remove from oven, break the skin to allow the moisture to escape, and serve at once.

BOILED POTATOES—Select potatoes of uniform size. Wash, pare and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling, salted water until soft. Drain from water, dry over fire, and keep uncovered in warm place until serving time.

RICED POTATOES—Force hot-boiled and well-seasoned potatoes through a potato ricer or coarse strainer. Serve lightly in a hot vegetable dish.

MASHED POTATOES—To five cups riced potatoes add three tablespoons of butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy; reheat, and pile lightly in hot dish.

CREAMED POTATOES—Reheat two cups cold boiled potatoes, cut in dice, in one and one-half cups white sauce.

CREAMED POTATOES WITH BREAD CRUMBS—Put creamed potatoes in buttered baking dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

DELMONICO POTATOES—To creamed potatoes and bread crumbs add one-third cup grated cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

POTATO OMELET WITH CHEESE—Prepare mashed potatoes, turn in hot omelet pan greased with one tablespoon fat, spread evenly, sprinkle with cheese, cook slowly until browned underneath, and fold as an omelet.

*Because of the very great relative importance of this vegetable and the many ways in which it can be prepared for table use, it is given first place in this book. Recipes for cooking other vegetables follow in alphabetical order.

POTATO BORDER—Place a buttered mould on platter, build around it a wall of hot mashed potatoes, using nine potatoes, three and one-half inches high by one inch wide, smooth and crease with case knife. Remove mould, fill with creamed meat or fish, and reheat in oven before serving.

ESCALLOPED POTATOES—Wash, pare, soak, and cut four potatoes in one-fourth inch slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon of butter or butter substitute; repeat. Add hot milk until it may be seen through top layer, bake one and one-fourth hours or until potato is soft.

POTATO BISCUITS

2 cups flour	1 teaspoon salt
1 cup potato	1 tablespoon fat
3 teaspoons baking powder	1 teaspoon sugar

Liquid to make a soft dough.

Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out about one-half inch thick, cut with a biscuit cutter and bake 15 minutes in quick oven.

POTATO BREAD

1 lb. potatoes (boiled or mashed)	1 ounce fat
1 quart liquid (water or milk and water)	$\frac{1}{2}$ ounce yeast
1 ounce sugar	3 pounds flour
1 ounce salt	

Boil liquid. Add yeast to $\frac{1}{4}$ cup of liquid, cooled to lukewarm temperature. Dissolve sugar, salt and fat in remainder of liquid. When lukewarm, add yeast and mashed potatoes. Beat well. Add flour and knead thoroughly. Let rise until it has doubled in bulk. Mould into loaves. Let rise again and bake.

POTATO PASTRY

$\frac{1}{2}$ lb. mashed potato	1 teaspoonful each of baking powder and salt
1 cup flour	
$\frac{1}{2}$ cup dripping	Milk or water to mix.

Mix the flour, salt and baking powder, but remember that if the potatoes were well salted when boiling less salt may be needed. Rub the dripping lightly into the flour, then work in the potato. Add sufficient liquid to form a stiff paste. Knead it lightly together, and roll out about a quarter of an inch thick. Use it for any purpose for which the usual short crust is suitable.

POTATO SCONES

$\frac{1}{2}$ lb. mashed potatoes	1 egg
1 tablespoon flour	Little milk, if needed.
$\frac{1}{2}$ teaspoon baking powder	Salt, lard or dripping for frying.

Mix the flour with the salt and baking powder. Work it thoroughly into the potatoes. Beat the egg till frothy, then add it to the potato, etc., and beat well. The mixture must be soft enough to slightly spread when put in the pan. Use either a griddle or a thick iron frying-pan, heat it, rub over with a scrap of lard, and when just beginning to smoke, put in a small tablespoonful of the mixture. Fry it—not too quickly—till brown on one side, then turn it with a knife and brown the other. Spread each as finished with a scrap of butter, pop them on a plate in the oven, and keep hot till all are ready, then serve them at once. Put as many at a time as possible in the pan.

HOT POTATO CAKES

1 lb. of mashed potatoes (cold)
 $\frac{1}{2}$ cup fine oatmeal
 $\frac{1}{4}$ cup barley flour

3 tablespoons butter or margarine
1 teaspoon each of salt and baking powder

Water if needed.

Well mix the flour, oatmeal, salt and baking powder. Work in the potatoes thoroughly, rub in the butter or margarine. Add just enough water to bind all stiffly, but it must not crumble. Roll out the dough lightly to about a quarter of an inch in thickness, stamp out in rounds or squares, place two rounds or squares together, and bake on a greased tin in a quick oven for about ten minutes, or till browned on each side. Then separate the cakes, put a scrap of dripping or margarine in the middle, and send quickly to the table. Do not flour your board with wheat flour when making these, but use fine oatmeal or barley flour instead.

POTATO AND TOMATO PIE

$\frac{1}{2}$ lb. cooked potatoes
 $\frac{1}{2}$ lb. tomatoes
1 tablespoon chopped onion
2 teaspoons of chopped parsley

1 cup cheese sauce, egg or brown sauce
1 tablespoon chopped nuts or brown crumbs
1 tablespoon dripping
Seasoning.

Grease a pie-dish, fill it with layers of thickly sliced potato and tomato, the well-chopped onion and parsley. Season well, and pour over the hot sauce, and shake either the nuts or browned crumbs over the top. Put a few scraps of dripping here and there on the top, and bake till browned and hot.

POTATO DUMPLINGS (to be used instead of ordinary boiled potatoes)

1 lb. floury mashed potato
1 egg
6 tablespoons corn flour

2 tablespoons dripping
Seasoning.

Mix well all the dry ingredients with enough beaten egg to bind them stiffly. Form into small balls, roll them in corn flour, drop into boiling water and boil for fifteen minutes, or cook in soup. The lid must not be removed during cooking, and the liquid must boil rapidly. For a change, add parsley, onion, or grated cheese to the mixture. Or, if they are to be served with jam or fruit, substitute sugar, spice and chopped or grated nuts.

POTATO DRESSING

1 pint measure of floury mashed potato
1 tablespoon each of chopped onion, parsley and corn flour or crumbs

3 tablespoons milk
1 beaten egg
Seasoning.

Mix all the dry ingredients thoroughly with the beaten egg, and sufficient milk to bind stiffly, and use as desired. For veal, rabbits, fowl, or fish use very little onion. If onion is not liked substitute lemon rind and powdered herbs.

POTATO SOUFFLES

1 lb. floury mashed potatoes
1 egg
2 tablespoons butter or margarine

1 oz. grated cheese
1 teaspoonful of chopped parsley
About 4 tablespoons milk
Seasoning.

Melt the dripping in a saucepan, add the potato and parsley. Beat till very hot and light. Add the milk, yolk of egg and seasoning, and heat again. Beat the white of egg till a stiff froth, stir it and part of the cheese into the potato very lightly, and put the mixture either into a greased pie-dish or scallop shells. Dust the surface over with a little grated cheese, set in a baking pan of hot water, and bake in oven till lightly browned and puffed up. Serve at once. If the mixture is made too stiff, it will not

rise well. Chopped fresh mint is by many preferred to parsley with potatoes. It is good without either.

POTATO SOUP

2 cups hot riced or mashed potatoes	2 tablespoons flour
1 quart milk	1½ teaspoons salt, celery salt,
2 slices onion	pepper
2 tablespoons fat	1 teaspoon chopped parsley

Mix flour with a little of the cold milk. Add the rest of the milk slowly to the mashed potato. Combine flour and milk with potato and milk. Add the remaining ingredients except parsley, and boil one minute, stirring constantly. Add finely-chopped parsley and serve.

ASPARAGUS

Cut the firm ends of asparagus into inch cubes, and put on to boil. Boil ten minutes. Then add the tips of the asparagus and cook just until they are tender. Drain, season and serve. A white sauce can be added for creamed asparagus and it may then be served on toast.

Asparagus can be used for creamed soups or salads, either alone or in combination with other tender green vegetables.

BEANS

GREEN OR WAX BEANS—Select young and tender beans. Cook whole, or cut either crosswise or lengthwise. Put on to cook in boiling water, and when nearly done add salt to the water. Drain when tender and serve with a little pepper and salt and butter substitute, or add a little cream sauce.

Cooked green, beans may be used with salad dressing with or without other vegetables. They may be canned for winter use or they may be pickled whole.

DRIED BEANS

Beans of all varieties are high in protein and can therefore be substituted for meat.

BEAN SOUP—Soak overnight two cups of dried beans in cold water with a little soda. Drain in the morning, put on to cook in cold water and when it comes to a boil, pour off this water and add fresh boiling water. Add to this a small bone of salt pork, or a ham bone, or some scraps of salt pork and continue boiling from two to three hours. Season well with salt and pepper and a little onion salt. This is a most nourishing soup, and will take the place of meat.

Dried pea soup can be made in exactly the same way.

BEAN LOAF

½ lb. beans	2 cups dried bread crumbs
3 teaspoons salt	2 eggs well beaten
¼ teaspoon pepper	1 small onion chopped finely
2 cups milk	

Cook beans with salt. When cooked, drain, mash and cool. Add all the other ingredients. Bake in a well-greased loaf pan for half-an-hour in a moderate oven. Serve with plenty of well-seasoned tomato sauce.

BEAN ROAST

1 cup beans (white) stewed	1 teaspoon salt
1 cup ground peanuts	Sprinkle pepper
½ cup bread crumbs	½ cup milk

Put beans and peanuts through grinder. Add crumbs, seasoning, and milk. Shape in loaf. Bake thirty minutes. Serve hot with tomato sauce.

KIDNEY BEAN SALAD

2 cups stewed kidney beans
1 cup diced celery

3 sweet pickles chopped

Marinate beans, celery and pickles. Mix with mayonnaise. Serve cold on lettuce.

LIMA BEANS IN CASSEROLE

2 cups Lima beans cooked (1 cup) $\frac{1}{2}$ lb. sliced salt pork
1 medium-sized onion 2-3 cup bean liquor

Soak beans overnight. Simmer till tender and drain. Brown the minced onion and salt pork in frying pan. Add beans and liquid. Place in greased baking dish. Bake until brown.

BEAN AND TOMATO STEW

2 $\frac{1}{4}$ cups stewed white beans
(1 cup uncooked)

2 level tablespoons dripping

2 cups tomato juice

1 level teaspoon salt

$\frac{1}{2}$ sliced onion (stewed till tender
in tomato juice)

$\frac{1}{4}$ teaspoon paprika

Sprinkle of soda

Strain tomato and onion mixture. Add to beans seasoning and fat. Cook till thick enough to serve on dinner plate.

SUCCOTASH—Equal quantities of cooked corn and cooked and seasoned dried beans. Cook together with sufficient water to keep from burning. Season well and serve hot.

BEETS

BUTTERED BEETS—Wash the beets, clean, leaving on about 1 inch of the stalk. Boil until tender, plunge in cold water and remove the skins. Chop finely, add seasoning of salt, pepper, a tablespoon of sugar and a little fat. Serve hot.

BAKED BEETS

4 medium-sized boiled beets

4 tablespoons chopped or ground
nuts

1 tablespoon chopped onion

3 tablespoons dripping or fat

Seasoning

Thick gravy

Melt half the dripping in a frying pan, put in the onion and fry a light brown. Put the beets through a grinder. Add half the nuts, and salt and pepper to taste. Grease a deep pie-dish, press the mixture into it and shake the remaining nuts over the top. Cut the rest of the fat into little bits, and dot here and there over the nuts. Bake until the nuts are just nicely browned, then serve with well-flavored gravy.

PICKLED BEETS—Slice cooked beets. Add a little sugar and equal quantities of vinegar and water. Serve as a pickle.

BEEF SALAD—Boil beets until tender, chop into cubes and serve with boiled salad dressing. Use either alone or in combination with other vegetables.

CABBAGE

Chop cabbage finely, cook in boiling water until tender, drain well, add seasonings and a little fat. Reheat and leave on the stove for a few minutes to drive off the water that comes from the cabbage. Serve very hot.

CREAMED CABBAGE—Cabbage may be cooked and served with a cream sauce, or with a cream sauce to which has been added grated cheese and a little cayenne pepper.

BAKED CABBAGE—Mix some boiled chopped cabbage with a cream sauce. Put in a buttered baker. Sprinkle over the top with bread crumbs and cheese, and put in the oven until the crumbs brown.

CABBAGE SALAD

2 cups finely shredded cabbage 2 ozs. peanuts
 $\frac{1}{2}$ can petit pois

Shred the cabbage, wash the peas, and drain dry. Mix, marinate with salad dressing and add the salted peanuts.

CARROTS

Young, tender carrots can be prepared by brushing in cold water, but older carrots, especially in winter, must be scraped, cut into slices, and soaked in cold water for some time before cooking.

CREAM OF CARROT SOUP—Cook well one and a half cups carrots. Save the water in which the carrot was cooked. Put the carrot through a sieve. Make a thin white sauce of

1 cup water drained from carrot	1 tablespoon butter or butter substitute
1 cup milk	
$1\frac{1}{2}$ level tablespoons flour	1 tablespoon grated onion
	Pepper and salt

Add the strained carrot pulp to this, reheat and serve.

CARROT SALAD—Equal parts Lima beans, carrots and peas, with seasoning of salt, pepper and celery salt. Serve with salad dressing.

CURRIED CARROTS

1 cup diced boiled carrots	1 cup diced boiled peas
1 cup diced boiled potatoes	Grated onion to taste

Make a white sauce. Add a small quantity of curry. Reheat the vegetable in this sauce and serve hot.

CARROT PUDDING

$1\frac{1}{2}$ cupfuls of flour	1 teaspoonful mixed spice
1 large cupful suet	1 teaspoonful salt
1 cupful brown sugar	1 teaspoonful soda, dissolved in milk enough to mix all to a stiff batter.
1 cupful raisins	
1 cupful carrots, grated raw	
1 cupful currants	
1 cupful potatoes, grated raw	

Steam three and a half hours. Serve with hard sauce.

CARROT PIE

2 cups carrot, grated raw	2 eggs well beaten
1 tablespoon or butter margarine	1 dessertspoon of cinnamon
2 tablespoons flour or cornstarch	1 dessertspoon of ginger
1 cup sugar	1 saltspoon of salt

Mix well with $\frac{3}{4}$ quart of milk. Will make two large pies.

CARROT MOULD

2 cups mashed cooked carrots	1 well-beaten egg
$1\frac{1}{2}$ level tablespoons butter or butter substitute	Pepper and salt to taste

Add the fat and seasoning to the mashed carrot. Then mix well with the egg and put into a greased mould and bake in a moderate oven until the mixture is very hot throughout. Turn out. Sprinkle chopped parsley over top and serve. This makes a good supper dish.

CARROT RISsoles—To two cups of mashed and seasoned carrots add one beaten egg and grated onion to taste. Add to this two tablespoons boiled rice, and one-half cup milk. Mix well. Place in a dish of very hot water until set. Turn out into a shallow dish and when cool form into rissoles and fry, or it may be served hot when cooked.

CARROTS au GRATIN—Clean and dice the carrots and cook in boiling salted water till tender. Drain and put in serving dish. Make a white sauce of two tablespoons of wheat flour substitute, two tablespoons of fat, one cup milk, and vegetable water, equal parts salt and pepper. Add two tablespoons of grated cheese, and as soon as the cheese is melted remove from the fire and pour over the carrots. Shake a little more cheese over the top, and brown in the oven. Oatcakes and butter go very well with this.

Parsnips, celery, turnips, vegetable marrow, artichokes, peas, or beans can be served in just the same way, and you can stir all the cheese into the sauce if you do not happen to have the oven heated.

CAULIFLOWER

Soak the cauliflower, head down, in cold salted water for half-an-hour. Then plunge in boiling water with the head down, and cook until tender. Remove from the water, drain and put into a serving dish. This may be served with a little butter or margarine and pepper and salt, or a white sauce may be poured over it.

Any cauliflower left over can be used alone or with other vegetables to make a vegetable cream soup.

CAULIFLOWER AU GRATIN—Serve cooked cauliflower with a white sauce in which is dissolved grated cheese. Sprinkle over with bread crumbs and grated cheese mixed, to which has been added some paprika or cayenne pepper. Serve very hot.

CELERY

CREAM OF CELERY SOUP—Cook till tender 3 cups celery cubes. Drain and save the water. Make a thin sauce of half milk and half water in which the celery was cooked by adding to

1 pint of liquid

Salt, pepper, celery salt to taste

1 tablespoon butter or butter substitute.

1 tablespoon flour.

Simmer ten minutes and serve very hot.

This soup may be varied by the addition of two cups of mashed potatoes, and flavored with a little onion salt.

CREAMED CELERY—Cut the celery into one-half inch cubes, and cook in boiling salted water until tender, having just enough water to boil them. Drain this off and make a white sauce with half vegetable water and half milk. Return the celery to the sauce, reheat and serve on toast.

Note:—By exactly the same method, Swiss chard, green peas and asparagus may be cooked.

CELERY AND APPLE SALAD—Select crisp, tender celery. Cut into small cubes with equal quantities of chopped apple. Marinate with the salad dressing and serve on lettuce leaves.

CORN

CORN ON THE COB—This is the best way to serve corn. Remove from the husks and the silk. Drop into boiling water. Have sufficient water to cover and boil ten minutes. Cover top of the corn with husks, and boil briskly. If any of this green corn is left over, it can be cut off the cob and dried.

ONIONS

Onions are a most wholesome article of diet. They are used largely for flavor, and not fully appreciated as a vegetable. The following methods give considerable variety in the preparation.

ONION SOUP

4 cups skim milk	1 cup chopped onion
1 tablespoon butter or butter substitute	1 cup cooked and mashed potato
1 tablespoon corn flour	Pepper and salt to taste

Simmer all slowly on the top of the stove till onions are soft, or cook in a double boiler, or a fireless cooker.

Vary this soup by the addition of one cup chopped celery.

FRIED ONIONS—Cook in boiling salted water until clear and tender. Drain well. Then turn into a hot frying pan with a tablespoon of melted fat. Fry lightly and season with salt and pepper.

ONION SCALLOP—Put alternate layers of thinly sliced raw potatoes and thinly sliced onion in a dish. Sprinkle with flour, pepper and salt. Over this pour sufficient milk just to be seen. Put in the oven and cook slowly.

CREAMED ONIONS—Slice onions in thin layers. Cover with a thin white sauce. Cook in the oven until tender when pierced with a fork. Remove from the oven, cover with a layer of buttered bread crumbs, return to the oven to brown.

ONION CHOWDER

3 quarts boiling water	$\frac{1}{2}$ teaspoon pepper
1 pint minced onion	3 tablespoons drippings
1 quart potatoes cut in dice	1 tablespoon fine herbs
3 teaspoons salt	

Cook the onion and drippings together for half-an-hour, but slowly so that the onion will not brown. At the end of this time add the boiling water, potatoes, salt and pepper and cook for one hour longer, then add the fine herbs and serve.

STUFFED ONIONS—Prepare good-sized onions and cook. Parboil ten minutes in boiling salted water. Remove part of the centres and fill the cavities with equal parts of finely-chopped chicken, and seasoned bread crumbs, to which is added the finely-chopped onion which was taken out of the centre. Add a little butter substitute. Sprinkle with pepper and salt and bake in a covered baker until the onions are soft,

ONIONS AND FISH—Slice and cook until tender any good cooking onions. Put in layers in a baking dish equal quantities onions and cooked fish. Sprinkle with pepper and salt and add a few bits of butter. Pour over this a white sauce to almost cover. Sprinkle over the top buttered bread crumbs and put in the oven until the crumbs are brown.

BOILED ONIONS—Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt, and pepper.

PARSNIPS

Wash and cook 45 minutes in boiling water, drain and then plunge in cold water, when the skins will slip off easily.

TO FRY—Cut lengthwise into four parts and fry in a frying-pan with a little fat, seasoned with salt and pepper.

TO MASH—Place in a saucepan on the stove and mash thoroughly with a wooden masher. Add a little of the seasoning and serve.

FRITTERS—Take mashed parsnips, form into small flat round cakes, roll in flour and fry a light brown in a little fat in a frying pan.

PEAS

PEAS AND NEW POTATOES

Cook shelled peas and very small potatoes together until tender. Drain. Season with a little pepper, salt and butter substitute. Sprinkle over this one tablespoon of flour and shake well. Then add one cup sweet milk, put back over the fire, and cook until the flour is thoroughly cooked or for about five minutes.

PEAS A LA CREME—After boiling and straining fresh peas, shake over them one teaspoonful of fine oatmeal or flour, and two teaspoons of butter or margarine. Add half a teacup of milk, and stir gently till boiling. Add seasoning, and serve with crisped hot oatkakes.

PEA LOAF

2 cups peas (stewed)
1 cup bread crumbs
1 teaspoon chopped parsley

1 teaspoon chopped celery
1 egg beaten
1 teaspoon minced onion

Put stewed peas through food grinder. Combine ingredients. Bake thirty minutes.

POTATOES

(Because of their relative importance, recipes for the use of Potatoes appear at beginning of this book. See page 3).

TOMATOES

SLICED TOMATOES—Serve sliced tomatoes either as a salad with salad dressing, or with sugar, or pepper and salt and vinegar.

WHOLE TOMATO SALAD—Cut off the top of tomato. Remove the inside, and fill with a mixture of any chopped vegetables and chopped meat with salad dressing. Use the centre and the top which is cut off for soup.

BAKED STUFFED TOMATOES—Cut the top off tomatoes and scoop out the centre and the seed. Place them in a covered baking dish, and fill with a dressing made from bread crumbs, cold chopped meat, and celery with creamed cheese or pimento. Bake until tender and serve hot.

TOMATO SOUP—Take three large, ripe tomatoes, slice and put them over the fire in their own juice. When hot add a pinch of soda, and when it ceases to effervesce add a quart of hot milk, and a tablespoon of butter or margarine. Salt and pepper lightly. Pour cracker crumbs plentifully in, just before removing from the fire.

TOMATO BISQUE—One part stewed and strained tomatoes; two parts boiling water; a pinch of soda; season with salt, pepper, celery salt and onion. Heat thoroughly. Take from stove and stir in enough sweet milk to turn soup white as desired. Flavor with very little powdered mace and serve at once.

FRIED RIPE TOMATOES—Do not pare them, but cut in slices as you would apples. Dip in cracker crumbs and fry in butter or sweet dripping.

STEWED TOMATOES—Peel ripe tomatoes, put over the fire in a kettle and cook ten minutes or until soft. Flavor with onion salt, or a little grated onion, pepper and salt and a small quantity of fat. Serve very hot.

GREEN TOMATOES AND ONIONS—Slice green tomatoes and onions in quarter-inch slices, and put in the frying-pan with a little fat. Add pepper and salt, and a little butter substitute. Put the lid on and cook until tender.

TURNIPS

MASHED TURNIPS—Peel and slice the turnips into thin slices, cover with boiling water, add one tablespoon of salt and cook until tender. Drain well, return to the fire, add salt, pepper and some sweet dripping, butter or butter substitute, and mash thoroughly with a wooden masher, keeping over the fire until much of the moisture is driven away. The winter turnip requires from $\frac{3}{4}$ of an hour to 1 hour for cooking.

Turnips may be used in soups; or cut in dice, cooked and used with other vegetables as a salad; or they may be cooked in small cubes and served with the addition of a little thin sauce.

GREENS

SPINACH.—Wash spinach thoroughly to free from all sand, etc. Discard wilted leaves. Place in saucepan and allow to heat gradually. Boil for twenty-five minutes, or until tender. It will not be necessary to add water for cooking if the spinach is young, but old spinach should have water added in the proportion of two quarts to one peck of spinach. Drain thoroughly, chop, reheat and serve with butter, pepper and salt.

BET TOPS.—These, when young, make a very nice dish of greens and can be used in the same way as spinach.

SWISS CHARD.—Swiss chard, when young, is prepared in the same way as spinach. As it reaches maturity it is better to strip off the green part of the leaf from the thick, fleshy mid-rib. These mid-ribs will keep better for use on the second day. Cut into pieces about four inches long and serve the same way as asparagus, which it very much resembles.

MISCELLANEOUS VEGETABLES

ARTICHOKES (Jerusalem or Tuberous).—Wash thoroughly. Place in cold water for a short time, then peel carefully. Replace in cold water, to which a few drops of vinegar or lemon juice has been added to preserve the colour. To boil the artichokes, place them in a saucepan containing boiling water and add salt in the proportion of one dessertspoonful to one quart of water. Boil until they can be pierced easily with a fork. Do not over-cook. Artichokes may be boiled in milk instead of water and the milk can afterwards be used for the sauce, with which they should be served. Serve hot.

STEWED CUCUMBERS.—(A good way to use up stale cucumbers)—Peel the cucumber. Cut it into two-inch blocks, and divide in four, lengthwise. Place these in a pan with enough boiling milk and water, mixed in equal quantities to cover, and a little salt. Simmer till tender; the time will vary with age and thickness. For half a pint of the liquid mix with cold water until thin and smooth two teaspoons of flour substitute. Pour into the pan, stir until boiling and cook slowly for about ten minutes. Then place the cucumber in a hot dish. Pour the sauce over, and serve either with meat or as a dressed vegetable.

Onions, celery and all vegetables, except greens, can be cooked this way. Add cheese or chopped hard-boiled egg to the sauce if liked.

BOILED SUMMER SQUASH.—Wash the squash and cut it in thick slices or quarters. Cook for twenty minutes in boiling salted water, or until soft. Turn into a cheese cloth placed over a colander, drain and wring in the cheesecloth. Mash and season with butter, salt and pepper.

FRIED SUMMER SQUASH.—Wash and cut in one-half inch slices. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again. Fry in hot fat and drain.

STEAMED WINTER SQUASH.—Cut in pieces, remove seeds and stringy portion and pare. Place in a strainer and cook for thirty minutes, or until soft, over boiling water. Mash, season with butter, salt and pepper. If lacking in sweetness add a little sugar.

BOILED WINTER SQUASH.—Prepared as for steamed squash. Cook in boiling salted water. Drain, mash and season. Unless squash is very dry it is much better steamed than boiled.

PUMPKIN.—Pumpkin is prepared in the same way as squash, but requires longer cooking.

SALSIFY (Vegetable Oyster Plant).—Wash, scrape and put at once into cold acidulated water to prevent discoloration. Cut in slices. Cook in boiling salted water until soft. Drain and serve with white sauce.

SALSIFY FRITTERS.—Cook as for creamed salsify. Mash, season with butter, salt and pepper. Shape in small flat cakes, roll in flour and fry in a small quantity of fat.

VEGETABLE MARROW.—Wash the marrow, cut in quarters, remove seeds and peel thinly. Cut into smaller pieces if necessary and place in cold water. To cook, place in a steamer, sprinkle with salt and cook over boiling water until it is tender and looks transparent. Arrange pieces neatly in a hot vegetable dish and pour over them well-seasoned white sauce. They may also be cooked in milk which may afterwards be used in making the sauce.

VEGETABLE CHOWDER:

4 potatoes	2 tablespoons fat
3 carrots	3 level tablespoons flour
3 onions	2 cups skim milk
1 pint canned tomatoes	2 teaspoons salt.

Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cups of skim milk, and thicken with flour. Celery tops or green peppers also give good flavour.

CURRIED VEGETABLES.—Cook one cup each potatoes and carrots, and one-half cup turnip, in boiling salted water until soft. Drain, add one-half cup canned peas, and pour over these a sauce made by cooking two tablespoons butter substitute with two slices onion five minutes, removing onion, adding two tablespoons flour, three-fourths teaspoon pepper, few grains celery salt, and pouring on gradually one cup scalded milk. Sprinkle with finely chopped parsley.

COOKING VEGETABLES IN QUANTITY

Much time is wasted in the ordinary household by the prevailing method of preparing vegetables and other foods. Why should a housewife prepare and cook a vegetable, such as carrots, ten times in one month, when a quantity sufficient for the entire month could be cooked at one time and sealed in sterile jars? Cooking quantity effects a saving of time and fuel and provides a ready store of prepared food. This can be done with all kinds of vegetables and many housewives have already adopted the method of cooking in large quantities.

USE OF DRIED PRODUCTS*

By F. E. Buck, Assistant Dominion Horticulturist, Central Experimental Farm, Ottawa

Many people who attempt the drying of fruit and vegetables this year will be anxious to know how to prepare the dried products for table use. Products properly dried do not contain more than 25 per cent of water and it will be necessary for them to **re-absorb** a large additional percentage of water before they are ready for table use. A bushel of apples, for example, which weighs about fifty pounds, consists of about 42 pounds of water and 8 pounds of dry material. After allowing for about 4 pounds of waste material, the resulting dried product of about 8 pounds still contains about 25 per cent of water. When dried beyond a certain limit, it is found that it is very difficult for the product to soak up the water lost by drying and thereby return to its original form.

Fruits and vegetables, when properly dried, have not undergone any chemical change in composition such as that which takes place when they are cooked preparatory to canning. The skill in properly drying garden produce should be supplemented, therefore, by care and skill in preparing them for use.

The following instructions with regard to preparation have been found successful in recent practice. In some cases, however, individuals will find that slight variation in these recipes may give better results. This will be due to the fact that the method of drying adopted is a big factor in the final result. Some products are better when dried in the sun, others when dried over the stove. Drying methods are discussed in a separate booklet issued by the Canada Food Board and entitled "Fruit and Vegetables: Canning, Drying, Storing," and it is not necessary to discuss the subject in detail here. Attention should, however, be called to the fact that, if dried products be mouldy, it is an indication that they were not sufficiently dry when stored. If, on the other hand, they be too crisp and brittle and do not soak up water as they should, it is an indication that they were dried too rapidly or at too high temperature. Improperly-dried products will not, of course, give the most satisfactory results. Properly-dried vegetables or fruit should be leathery and pliable. A test may be made by cutting off an end from a dried piece of vegetable or fruit and attempting to press water out of the freshly-cut end. If it can be so pressed without breaking under the pressure and, at the same time, does not show any indication of water, this may be taken as proof that it has been properly dried and that water may be soaked up according to the recipes as given below.

Best results are always obtained from young and tender vegetables of good quality. These will not deteriorate by drying. The fibre, however, of the older vegetables and fruits has a tendency to become hardened by the drying process and when prepared for use does not, of course, compare with the better-quality produce.

GENERAL PREPARATION

- 1.—Soak for several hours in warm or cold water to absorb the moisture lost through evaporation.
- 2.—Drain and boil such vegetables as peas, beans and spinach in soda water, using about one-eighth teaspoonful of soda to one quart of water.
- 3.—One tablespoonful of lemon juice added to dried beans, after soaking them, will improve the flavour.
- 4.—Add seasoning to the dried vegetables to make them more palatable—celery, mustard, onions, cheese, nutmeg, etc.

*For information as to how to dry fruit and vegetables at home, see the Canada Food Board booklet, uniform with this, on "Fruit and Vegetables: Canning, Drying and Storing." Copies may be obtained at a price of 5 cents each upon application to the Canada Food Board, Ottawa.

5.—Dried vegetables are used in soup, and deliciously-flavoured thick puree may be made of them. Four ounces of dried soup vegetables (sliced carrots, potatoes, cabbage, onions, etc.), will be sufficient to make three quarts to one gallon of vegetable soup.

MISCELLANEOUS RECIPES

BEETS.—Soak two hours in cold water. Cook till tender, in the same water, (about one and one-half hours). Drain. Serve hot with butter, pepper and salt, or with vinegar, allowing the beets to cool in the water in which they were cooked, then drain and add vinegar, also spices if desired.

CARROTS.—Soak from four to six hours, or overnight. Cook slowly in the water in which they were soaked, until tender (about one and one-quarter hours). Drain, serve hot, with butter, pepper and salt, or with white sauce.

CABBAGE.—Requires no soaking. Add seven times as much water as cabbage. Bring slowly to a boil and boil steadily for thirty minutes, add salt. Drain well, and serve hot with butter, pepper and salt, or with white sauce.

CORN.—Soak from two to four hours, cooking in water in which they were soaked until tender (about one hour). Season with butter, pepper and salt, and if desired a very little sugar also. Milk may be added to the water in which the corn is cooked if desired.

PEAS.—Soak overnight. Cook in same water until tender, (about one and one-quarter hours). Drain well. Serve hot with butter, pepper and salt, or with white sauce.

POTATOES.—Soak overnight. Cook in the same water about twenty or thirty minutes. Drain well, mash, add salt, pepper, butter and a little hot milk, beat until light and serve very hot.

SOUP MIXTURE.—Soak one hour in a small quantity of water, and add soup about one hour before serving. It is sometimes necessary, especially when the vegetables are mature, to soak the mixture overnight.

SWISS CHARD.—Soak two to six hours. Cook in same water until tender (about one and one-quarter hours). Add salt. Drain well, add butter, pepper and salt. Serve hot.

APPLES.—Soak overnight in three times as much water as apple. Cook till tender in the same water (about thirty minutes). Press through sieve, add sugar to taste, then re-heat to dissolve sugar thoroughly.

CHERRIES.—Soak six to eight hours, or overnight, using four pints of water to one pound of cherries, or three parts of water to one part of cherries.

STEWED CHERRIES.—Cook slowly in the same water and sweeten to taste. One pound of dried cherries will serve 15 people.

CHERRY PIE.—Soak one-half cup of dried cherries in one pint of water six to eight hours. Heat in the same water 15 minutes. Drain off the juice and use the cherries in the pie in the same way as fresh cherries. Add a little sugar to the juice drained off, boil down to a syrup and pour over the pie hot as it is served.

RASPBERRIES.—Soak four to five hours, using 6 pints of water to one pound of raspberries, or one and one-half parts of water to one part of raspberries. Cook in the same water 20 minutes and sweeten to taste. Use in the same way as fresh raspberries.

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The following uniform booklets have been prepared by experts under the direction of the Canada Food Board:

1. **Fruit and Vegetables: Canning, Drying, Storing.**
2. **Fish Recipes.**
3. **Vegetable Recipes.**
4. **Bread Recipes.**

Copies of any of these booklets can be secured at a price of 5 cents each, upon application to the Canada Food Board, Ottawa.

The following publications may be obtained on application to the Publications Branch, Department of Agriculture, Ottawa, Canada; no postage required:

1. **Vegetable Gardening at Home and on Vacant Lots.**
2. **Notes on the Cultivation of Some Staple Vegetables.**
3. **Vacant Lot Gardening in 1917.**
4. **Tomato Culture (Pamphlet No. 10)**
5. **Cabbage Culture (Pamphlet No. 11)**
6. **The Potato in Canada.**
7. **Common Garden Insects and Their Control.**
8. **How to Protect Fruits, Vegetables and Ornamental Plants from Insects and Fungus Diseases.**
9. **Digging and Storing of Potatoes.**

Publications on the growing, harvesting and storing of vegetables may be obtained on application to the Provincial Departments of Agriculture.



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